

# **UNIVERSITY OF EDUCATION, WINNEBA**

## **DEPARTMENT OF HEALTH, PHYSICAL EDUCATION, RECREATION, AND SPORTS**

### **COURSE OUTLINE**

**COURSE CODE: PES 234**

**COURSE TITLE: PHYSICAL EDUCATION FOR THE PRIMARY SCHOOL TEACHER**

**LECTURER: I.K. KYEMENU- SARSAH**

**NO. OF CREDITS: 2**

**Course objective:** At the end of the course, students should be able to:

- (1) Mention the concept and importance of Primary School P.E.
- (2) Design activities for primary school P.E.
- (3) Teach primary level P.E. (skills, and fitness) using teaching skills for P.E.

### **ASSESSMENT**

Students would be assessed using assignments and quizzes which would be 35% as continuous assessment and 5% for attendance to lectures. More than two absents will result in loss of 5%.

End of Semester Exams Will carry 60% of the total marks.

- (1) Definition of P.E./ importance of P.E.
- (2) Multiple Intelligence
- (3) Fundamental (Basic) Motor Skill, Running, Jumping, Throwing, Co-ordination, Balance, (Rhythm, Timing Agility, Flexibility, Muscle Strength and Endurance)
- (4) Fundamental Teaching Skills in P.E.
  - Characteristics of Good Teaching
  - What Teachers do
  - What students do
  - Effective Teaching
- (5) The ATL-PE Concept (Allocated time, Engaged Time, ATL-PE)
- (6) Fitness for the primary school.
- (7) Basic School PE
  - Motor Learning Concepts

### **REFERENCE**

- (i) Children Moving by George Graham et al.
- (ii) Developing Teaching Skills in PE by Darly Siedentop.
- (iii) Teaching Syllabus for PE (primary) by Ministry of Education.